



Parent Power-up

LIVE WEBINAR SERIES



**BUILDING
BONDS,
BOOSTING
WELLBEING**



INTRODUCTION TO ACCEPTANCE COMMITMENT THERAPY FOR PARENTS

With Liz Gilbert

Parenting can be one of the most rewarding yet challenging experiences, and finding balance amidst the daily pressures is not always easy. Join Liz Gilbert, a Health Psychologist and expert in behavioural science, for an informative introduction to Acceptance and Commitment Therapy (ACT) tailored specifically for parents.

With 18 years of experience working in Public Health and Health Psychology, Liz is also a registered UKPHR Public Health Practitioner. Liz will guide you through the key principles of ACT and how the approach could support you in managing stress, emotions, and behavioural challenges in your parenting journey that aligns with your values. Learn practical tools to cultivate greater psychological flexibility, embrace difficult emotions, and make values-based choices to improve your wellbeing as a parent.

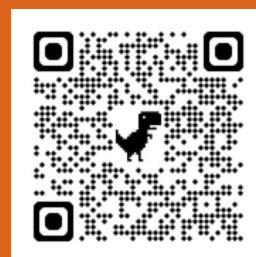
Whether you're seeking to reduce overwhelm, build emotional resilience, or connect with your children more effectively, this session offers valuable insights to help you navigate the ups and downs of parenthood with greater ease and clarity.

SAFE, SUPPORTIVE SPACE
to reflect, share and learn
from one another. Not a
parenting boot camp!

Free/
pay what you can
spaces available



**WEDS
11TH
JUNE
7-8PM**



SUITABLE FOR

Parents & caregivers
children of any age/need.

with

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